



Public Health
Prevent. Promote. Protect.

Fond du Lac County
Health Department

Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy



January-March 2015

Issue 1

What's in the news?

Seasonal Influenza –Widespread in WI

Even though the influenza season is here, it is not too late to get vaccinated. Vaccine is readily available at most healthcare providers, many pharmacies, and at the Health Department.

The most prominent strain of influenza circulating this season is a drifted version of one of the strains in the vaccine, however the vaccine, even if it doesn't provide as good protection as we would hope, remains the single

most effective way to protect yourself against the flu, and is so important to prevent the spread of influenza. We want to urge people who haven't been vaccinated to get a vaccine now.

Individuals are also encouraged to follow these preventive measures to protect themselves and those around them from getting and/or spreading influenza:

- Stay home if you are sick, avoid being around sick people.

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer
- Cover your cough or sneeze with a tissue or your upper sleeve. If you use a tissue, throw it away after one use.
- Use your own drinking cups and straws.
- Frequently clean commonly touched surfaces such as door knobs, refrigerator handles, telephones and faucets, microwave and copier buttons.

Message from the Health Officer

Welcome to the first inaugural issue of the Fond du Lac County Health Department newsletter! With this quarterly newsletter we will keep you informed of all the activities happening in each of our programs throughout the Health Department.

We offer many services through the Health Department for the resi-

dents of Fond du Lac County. Though these programs we strive to prevent, protect and promote healthy activities throughout our county.

Look for hard copies of this newsletter in the Health Department and electronic copies on the Fond du Lac County website and through our Facebook page!

Like our Facebook page and always be up to date on happenings related to your health happening in our community and nation.

Happy, Healthy 2015!
Kim Mueller, Health Officer



**Need Inspiration
for a Healthy New
Year? Visit
www.cdc.gov and
make 2015 your
healthiest year
yet!**

Women, Infants, and Children (WIC)



WIC Celebrates Forty Years of Accomplishment

USDA's Special Supplemental Nutrition Program for Women, Infants and Children (better known as WIC) celebrates the program's 40th anniversary in 2014, highlighting four decades of helping improve the lives of millions of infants and children across America. Since the first WIC clinic opened in Pineville, KY, back in 1974, the program now provides services through almost 1,900 local agencies in all 50 states, 34 Tribal Organizations, the District of Columbia, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, Puerto Rico and the Virgin Islands.

Over the last 40 years the WIC Program has consistently shown to lead to better pregnancy results, such as increased birth weights and fewer premature births. WIC benefits are available to pregnant and postpartum women and children up to age five, providing healthy nutrition and instilling healthy behaviors. Fond du Lac County WIC program serves approximately 3,150 residents annually. Through supplemental food, health care referrals and nutrition education as well as helping to promote and support breastfeeding feeding through efforts like "Loving Support Makes Breastfeeding Work" the positive results are carried on for a lifetime.



Save a Smile -Adult and Children

2015 is going to be a BIG year for Fond du Lac County Save a Smile (SAS) Dental Program. Additional funding will allow new children to be enrolled. This opportunity will hopefully eliminate the wait list that has grown over the last several years. As always, children with urgent needs are a priority and are not put on a wait list. Through a partnership with Agnesian Healthcare, Adult SAS continues to serve FDL County residents with Medical Assistance needing urgent dental care.

Please contact SAS at (929) 929-3085 to see how we can help you!

2015 Mission of Mercy

The Wisconsin Dental Association approved Fond du Lac County to host the 2015 Mission of Mercy this coming June. This event provides care to anyone who has difficulty getting to a dentist. Those who show up for care (children and adults) and don't have any medically-compromising condition that would prohibit them from receiving care are seen on a first-come, first-served basis. Watch for information regarding how you can participate and/or volunteer.

Maternal Child Health News

We here in the MCH department offer programs that will assist, support and walk with you through pregnancy and the early years of parenting. We offer FREE home visits prior to and after delivery, and as your care coordinator we will link you to any community services you might benefit from. We also will answer all your questions seriously!



You are thinking-"This sounds great!, How can I sign up?"

If you qualify for Badger Care you may be eligible for our pregnancy and/or parenting program. Simply call us a 920-929-3085 and we will get you started.

We also offer FREE, confidential pregnancy testing.

Q: When will my baby move?

A: With any luck, right after he/she finishes high school.

Q: What is the most reliable method to determine a baby's sex?

A: Childbirth



5 Counties for Tobacco Free Living

Electronic Cigarettes are Prohibited from FDL County Buildings

On October 28, County Board Supervisors voted to prohibit the use of electronic cigarettes, also known as e-cigarettes, inside county buildings wherever smoking is prohibited.

If you would like more information on e-cigarettes, please visit www.tobaccofreelivingfdl.com.

It is our coalition members, community advocates, and county partners who have championed our tobacco control efforts to decrease the burden of tobacco in Fond du Lac, Green Lake, Marquette, Waushara and Washington Counties.

We are grateful for your support and we looked forward to working with you in 2015. If you are interested in joining the 5 Counties for Tobacco Free Living Coalition or FACT please contact Sandy Bernier, Program Coordinator, at 929-3085.

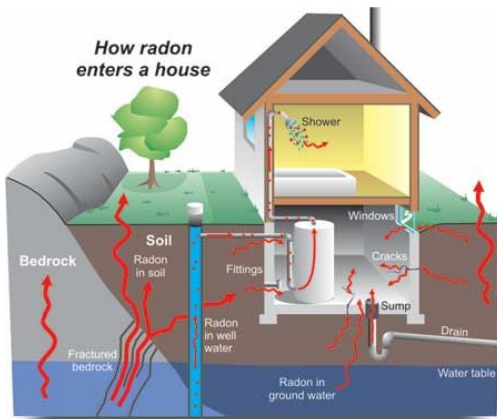


FACT kids chalked the sidewalks around the City County Building on Macy St to highlight November 20, Great American Smokeout Day.

Jail News

The Fond du Lac County Jail will begin 4 hour a day nursing coverage on Saturdays, Sundays and holidays starting January 17. We currently have nursing coverage Monday through Friday 7am to 3pm.

Environmental Health



January is Radon Awareness Month

The only way to know the radon levels in a home is to have the home tested.

Radon levels are specific to the source of radon, the construction of the home, use of the home, etc. so testing is very important.

Radon tests kits are available at the Fond du Lac County Health Dept.

Long term kits are placed 90 days to 1 year - \$23

Short term kits are placed 48-96 hours \$10

Kits can be mailed - \$2.50 shipping charge

Visit www.lowradon.org, and see the infographic for more information.

Radon is a leading cause of lung cancer, second only to smoking,

Immunization News

Protecting Yourself from Pneumonia

The CDC now recommends 2 types of vaccines to protect older adults from pneumonia. Pneumonia is an infection in the lungs that can cause serious illness, and even death in older adults. People who are at greatest risk for pneumonia include: adults age 65 and older, children under age 5, people with chronic medical conditions like diabetes or asthma, and people who smoke.

The updated recommendation for people age 65 and older are:

- 1 dose of pneumococcal conjugate vaccine (PCV13) first, followed by a dose of pneumococcal polysaccharide vaccine (PPSV23) 6-12 months later.
- If you've already received a dose of PPSV23, it's recommended that you receive 1 dose of PCV13 at least 1 year later.

Emergency Preparedness



Winter Weather Health and Safety Tips

We have already had a taste of the extreme cold weather that Wisconsin can experience. There are many resources available to assist with planning ahead to avoid injury and death that can result from winter storms and extreme cold that can result in dangerous driving conditions, power outages, frostbite,

Go to www.ready.gov for tips on how to safely heat your home in the event of a power outage, and other essential preparations for a winter storm.



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